

COMING OF Age

Your Center for Connection

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Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

July - August 2015

The Newton Department of Senior Services is proud to announce the expansion of transportation services for residents 60 and over.

These additions are a reflection of the Newton Department of Senior Services' Vision and Mission:

Vision To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Mission The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

There are many different variables that contribute to healthy aging, but over and over again research cites that staying engaged in your community and not being isolated is a primary contributor to remaining healthy as we age. Don't let transportation get in the way of *your* healthy aging!

All transportation services are provided by Veterans Taxi under a contract with the Department of Senior Services. **The new contract which takes effect July 1, 2015 has some major additions:**

1. VA Hospital, 1400 VFW Highway, West Roxbury
2. VA Hospital, 150 South Huntington Ave., Jamaica Plain
3. All mental health appointments within the City
4. Any City held program held within the City (any day of the week, any time of day)

5. The Needham Street corridor

Unless otherwise stated, transportation runs from Monday-Friday from 8:00am to 5:00pm.

Still included are:

Medical appointments: within the City, and to the ten destinations listed below:

- Walnut Street, Wellesley
- 1 through 23 Washington St. Wellesley
- 173 Worcester Road, Wellesley
- 195 Worcester Road, Wellesley
- 230 Worcester Road, Wellesley
- 830 Boylston Street, Chestnut Hill
- 850 Boylston Street, Chestnut Hill
- 1244 Boylston Street, Chestnut Hill
- Faulkner Hospital
- St. Elizabeth's Hospital

Other locations within the City of Newton:

- The Newton Senior Center
- Grocery Stores
- Long Term Care facilities
- Houses of Worship (any day of the week any time, for religious services only)
- Newton Free Library (any day of the week, any time)
- City Hall (any day of the week, any time)
- Parks and Recreation Over 55 programs
- Village Centers

Riders must obtain yellow vouchers to utilize this system. There is a required contribution. For more details please visit our website at www.newtonseniors.org or call 617-796-1660.

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Senior Prom Scenes

All enjoyed their "Evening in Paris" at the Senior Prom on May 14th! View more photos at newtonseniorprom2015.shutterfly.com The password is **post440**



Veteran's Center

Veteran's Center



Tuesday, July 7th and Tuesday, August 4th, 5:30-8:00 p.m.

Newton Senior Center, 345 Walnut Street, Newtonville

July's guest speaker will be Bill Littlefield, host of NPR's "Only a Game" beginning at 6:30 p.m.

August 4th speaker TBA

Veterans and their families are welcome to come and socialize with fellow veterans, enjoy some refreshments and get information about benefits, healthcare, employment and housing.

Residents 60+ can use yellow voucher transportation.



Senior Center Notes

Alderman Constituent Hours at the Newton Senior Center

Alderman Vicki Danberg (Ward 6)

Wednesday, July 15th and Wednesday, August 12th, 10:00 a.m.

Alderman Emily Norton (Ward 2)

Friday, July 31st and Friday, August 28th, 9:00 a.m.

Dialogue with the Director

Join Jayne Colino, Director of Senior Services, for an informal discussion at the following times:

Friday, July 24th, noon

Friday, August 21st, noon

Senior Center Meals

Lunch Monday-Friday, 11:45 a.m.

To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal.

Springwell makes these lunches possible.

The Newton Senior Center will be closed on Friday, July 3rd in celebration of Independence Day. Visit Albermarle Field on July 4th for a 6:00 p.m. concert with the Winiker Band and 9:00 p.m. fireworks. Visit newton-communitypride.org or call 617-796-1540 for more info.



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Programs

Mah Jongg Class

6 Thursdays: July 23rd, July 30th, August 6th, August 13th, August 20th, August 27th

9:30-11:30 a.m. \$38 for 6-week class

Were you ever curious about the Chinese tile game called Mah Jongg? Today, the ancient game of the Mandarins is a popular American pastime. This course, American Mah Jongg, designed for the beginner, will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Come join the fun! Your patience in mastering the fine points of Mah Jongg will be repaid many times by the keen enjoyment that is derived from this game.

Martha Tomanelli has taught students at the Londonberry Senior Center, Manchester Senior Center, Derry Seniors, Sudbury Senior Center, and she presently teaches students at the Nashua Senior Center as well as Adult Education Evening classes at the Hudson School District.

Meet and Greet: Join the instructor for a "Meet and Greet" Thursday, July 16th at 9:30 a.m. Drop by, meet the instructor, and get an overview of the game **RSVP with Ilana 617-796-1670 or ilevine@newtonma.gov. \$38. July 16th deadline for class registration.**

MBTA Senior Charlie Card Event Newton Department of Senior Services Transportation Program (Yellow Voucher System)

Friday, August 28th, 1:30-2:30 p.m.

Save yourself the trip to Downtown Crossing! Applicants must be 65 (or turning 65 within two months); please bring a photo ID that includes a birthdate. We will take your picture and send it with the application to the MBTA. Please allow 4-6 weeks for your Senior Charlie Card to be mailed to you.



The City of Newton is almost totally accessible to you by our transportation program! Transportation is offered Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. You must be 60+ and a Newton resident. For more information, and specific destinations, visit newtonseniors.org or contact Alice Bailey, 617-796-1664.



A grey star throughout this newsletter signifies that transportation is provided by the Yellow Voucher System!

Newton Parking Sticker Renewal

If you have a 65+ senior parking sticker (valid for Newton municipal lots), it expired June 30th, 2015.

Please come to the Senior Center in July to renew to your sticker. New stickers are \$6 and expire at the end of June 2017.

Please bring your:

- 1) license
- 2) registration
- 3) lease agreement, if applicable

Programs

Tree Walk with the Arborist

Monday, July 20th, 10:15-11:15 a.m.

This walking tour will highlight some unique specimen trees: why they were chosen and their characteristics will be discussed. Some of the maintenance practices that keep them healthy and happy will be mentioned as well.

Robert Reardon is a graduate of UMass majoring in Arboriculture. Robert has been a state certified Arborist since 1984. He has been planting and maintaining trees at Newton Cemetery for 20 years.



Co-sponsored by the Newton Cemetery and the Newton Department of Senior Services.

Meet at 791 Walnut Street in front of the Newton Cemetery Administration Building. **RSVP with the Senior Center Front Desk at 617-796-1660.** Free

Metrowest Legal Clinic at the Newton Senior Center

Wednesday, July 8th
9:00 a.m. to 11:00 a.m.



An attorney from MetroWest Legal Clinic will offer free legal advice at the Senior Center. Legal assistance is available in the following areas: housing, social security income, government benefits, consumer issues, debt collection, and estate planning documents. This program is sponsored by a grant from Springwell. **Appointments are required; call 617-796-1660 to schedule a 15-minute appointment.**

You may also call MetroWest Legal Services directly. Call 1-800-696-1501 for an intake.

Walk to End Alzheimer's

Join the Newton Senior Center Team for the Greater Boston Walk to End Alzheimer's on Sunday, September 27th. More information to follow in the September/October *Coming of Age* newsletter!



Cake Decorating: Buttercream Basics

Wednesday, August 5th, 1:30-3:30 p.m.

Learn how to decorate cakes and other sweets with basic buttercream techniques. This 2 hour class will teach you how to:

- Make correct consistency icing
- Prepare and fill your decorating bag
- Use different icing tips to receive a variety of decorations, including borders and simple flowers

No experience is necessary! An \$8 materials fee will provide each participant with their own multi-piece decorating set, practice buttercream, and practice mat.

Instructor Andrea Hemmend is the owner and principal baker at Tortissima, a licensed residential bakery located in Newton. She bakes custom cakes and other sweets for all occasions, and she specializes in “trample l’ oleil” cakes. **Pre-registration and pre-payment (\$8) is required; call Ilana at 617-796-1670.** Class is limited to 10 participants; first come, first served.

Mindful Meditation

4 Wednesdays: July 22nd, July 29th, August 5th, August 12th
9:15-10:15 a.m.

This four-week series will explore Mindful Meditation: the practice of paying compassionate attention to all that moves through us: thoughts, emotions, sensations, and conditions. The group is a supportive space to begin or continue a meditative practice. We will share silence, music, guided visualizations, body scans, muscle relaxation, focal techniques, energy exercises, mudra (hand positions), mantra (healing phrases), breath practices and meditations while sitting, standing and walking.

Please plan to join for all four weeks, as each session will build on the previous. Wear comfortable clothes, and

come with a smile in your heart.

Betsy Simmons is a health educator, movement & meditation teacher and spiritual caregiver at hospitals, women’s domestic violence programs, prisons and community centers. She loves many forms of stillness and motion and the goodness of groups. She believes we all have the capacity to heal through mindful practices and group support. **\$2 (per class). Register by calling the Front Desk at 617-796-1660.**

Chronic Pain Self Management Workshop

Tuesdays: July 21st, July 28th, August 4th, August 11th, August 18th, August 25th (six-week session)
12:30 - 3:00 p.m.

This workshop was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges of one or more chronic conditions, or for people living with or caring for someone with a chronic condition. Gain knowledge and confidence as you learn to better manage your pain. In this evidence-based program you will learn:

- How to deal with frustration, isolation, and poor sleep
- Proper nutrition
- How to improve strength, flexibility, & strength
- How to pace activity and rest
- How to evaluate new treatments and medication
- How to set and meet your goals
- How to better communicate with friends, family and health care providers

This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation, the Massachusetts Executive Office of Elder Affairs and the U.S. Administration for Community Living. Space is limited.

Registration required, call the Front Desk at 617-796- 1660. Free.

Meet the MA Department of Telecommunications and Cable!

Thursday, July 30th, 9:30-10:30 a.m.

Are you having trouble reading your cable or telephone bill? Do you want to know what the federal/state Lifeline program is and who qualifies for it?

Please join members from the Consumer Division of the Massachusetts Department of Telecommunications and Cable (DTC) to learn more about our state agency and the role they play in overseeing the telecommunication and cable industries. The DTC’s Consumer Division investigates and resolves individual consumer complaints, either by informal negotiation between the consumer and the provider or by formal adjudicatory proceedings. The Department also tracks patterns of complaints in order to identify and resolve more widespread problems. Please join us for a brief information session as well as an opportunity to answer your cable and telephone questions! **Register by calling the Front Desk at 617-796-1660.**

Social Security & Medicare: A Discussion with Financial Education Institute (FEI)

Wednesday, July 8th
2:00-3:30 p.m.

- How can you optimize your private benefits with Social Security and Medicare?
- At what age is it most beneficial to begin taking Social Security income?
- How is social security taxed if you have other income and when is it taxed?
- Who qualifies for file and suspend and restricted application social security strategies?
- When do you apply for Medicare and what parts should I apply for?
- What is the penalty for not signing up for Medicare on time and can it be waived?

Dr. Stephen Richardson is a Deputy Regional Communications Director for the SSA in New England. **Register by calling the Front Desk at 617-796-1660.**

Hearing Screening

Hearing Awareness & Screening

Newton Senior Center

Tuesdays: July 14th and August 11th

11:00 a.m.-noon

Attend a 15-minute hearing awareness presentation followed by a 5-minute screening with a representative from Mass Audiology. If you already have hearing aids, they can clean and replace the batteries. **Registration required. Everyone must attend 11:00-11:15**

& presentation. Call 617-796-1660 to make a 5-minute appointment. Free.

Low Vision Group

Mondays: July 6th and August 3rd

1:00-2:30 p.m.

All are welcome to attend this monthly group, sponsored by the Mass. Association for the Blind and Vision Impaired. For questions or more information, please contact Laurie Werle at 617-926-4268.

Support Groups

Parkinson's Support Group

Monday, July 27th

August meeting cancelled; resumes in September

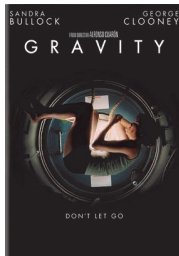
10:30-11:30 a.m.

People with Parkinson's Disease, caregivers and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

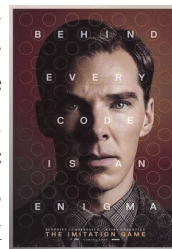
Movie Matinee 1:00 P.M. TWO WEDNESDAYS PER MONTH

July 15th

Gravity 2013. PG-13. 91 mins. As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it -- leaving the two floating through space tethered together, with no connection to Earth.



Britain's successful effort to crack Germany's Enigma code during World War II, this historical biopic also recounts how his groundbreaking work helped launch the computer age.



wealthy and self-absorbed Oren is suddenly in need of major help. His neighbor Leah comes to the rescue -- not only bailing out Oren but also capturing his heart.

July 29th

The Imitation Game 2014. PG-13. 114 mins. Chronicling mathematical wizard Alan Turing's key role in

August 5th

And So It Goes 2014. PG-13. 94 mins. When he's obliged to take over the care of a previously unknown granddaughter,



AND SO IT GOES

August 19th

Monuments Men

2014. PG-13. 188 mins.

In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney.



Summer Parties

Hollywood Quiz Show!

Tuesday, July 21st, 10:15-11:15 a.m. and Friday, August 14th, 10:15-11:15 a.m. (come to one or both!)

You are the Star! Newton Health Care Center will sponsor an authentic gameshow complete with clickers, buzzers, microphones, TV monitors, and video camera! "Mr. DJ" makes it feel like being on TV! **Register with the Front Desk at 617-796-1660.**



Ice Cream Social!

Wednesday, August 12th, 1:00-2:30 p.m. Meadow Green Rehabilitation and Nursing Center will provide an Ice Cream Social with all the toppings for sundaes. Kerry Maher will keep everyone singing with tunes from the past while we enjoy our sundaes.

Register with the Front Desk at 617-796-1660.



Newton Senior Center Presents.....

Summer BBQ!

Wednesday, July 22nd, 11:30 a.m. to 1:30 p.m.

Food and decorations generously sponsored by The Village Bank. Celebrate summer and enjoy a delicious barbecue! Lunch includes hamburgers, hot dogs, coleslaw, chips, and dessert.

When you are done eating, enjoy a "Sing-A-Long with Mel" as the acclaimed performer plays classic oldies, show tunes, and standards. Songbooks with lyrics will be distributed! A great time is guaranteed and all are welcome!

Register with the Front Desk at 617-796-1660.

Fitness Classes: All are welcome! \$2 donation paid in each class unless otherwise noted. Drop in!
*\$3 class, °registration required

Mondays

8:45 a.m. Tai Chi*
10:00 a.m. Zumba Gold
11:00 Ageless Grace
12:45 p.m. Beyond
Balance°
2:00 p.m. Yoga: chair
4:00 p.m. Nia

Tuesdays

9:00 a.m. Muscles &
Movement
10:30 a.m. Shimmy &
Strength

Wednesdays

10:45 a.m. Beyond
Balance°
12:00 p.m. Zumba Gold

Thursdays

10:00 a.m. Beg. Tai Chi*
Sponsored in part by Wingate
11:00 a.m. Tong Ren
11:45 a.m. Tai Chi*
1:00 p.m. Yoga: chair
2:00 p.m. Yoga: mats
(mats provided)

Fridays

9:00 a.m. Muscles &
Movement
10:30 a.m. Shimmy &
Strength

Beyond Balance, \$50 for a discrete 8-week session; \$60 for 8 “flex” classes within 3 month-period; \$10 one-time drop-in

Mondays, 12:45 - 1:45 p.m.

Current Session (4 more): July 13, July 20, July 27, August 3

New session: August 10, August 17, September 21, September 28, October 5, October 19, October 26, November 2

Wednesdays, 10:45 - 11:45 a.m.

Current Session (4 more): July 8, July 15, July 22, July 29

New Session: August 5, August 12, August 19, September 9, September 16, September 30, October 7, October 14

Fitness Class Program Descriptions

Ageless Grace

Instructor: Mary Stevenson

Ageless Grace is a fitness and wellness program performed primarily while sitting in a chair. Although it is beneficial for everyone, this program is particularly good for those with limited mobility or strength.

Beyond Balance

Instructor: Robin Resnick

Beyond Balance is a strength training class that targets all the major muscles in the body. In addition, there is a focus on exercises that enhance balance and core (abdominal) work.

Muscles and Movement

Instructor: YMCA instructor

An hour-long strength and cardio workout, including warm-up and cool-down.

Nia

Instructor: Mary Stevenson

Find out what everyone’s talking about! Nia a full body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz and other movement forms, Nia offers traditional fitness benefits and relaxation. Led by Mary Stevenson, certified instructor. All are welcome!

Shimmy and Strength

Instructor: YMCA instructor

An hour-long strength and dance workout: dance in the first half, strength in the second half.

Tai Chi

Instructor: Aaron Crawford

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is low impact and puts

minimal stress on muscles and joints.

Tong Ren

Instructor: Aaron Crawford

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body’s natural flow of “chi.”

Yoga

Instructor: Steffi Shapiro

These yoga classes place an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle.

Zumba Gold

Instructor: Mary Stevenson

A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes.

Art Classes: Try a new class and explore your creative side!

Ceramics, \$50 for an 8-week session

Thursdays, 12:30 - 2:00 p.m.

Current session: July 9, July 16, July 23, July 30, August 6

New session: August 13, August 20, August 27, September 3, September 10, September 17, September 24, October 1

Create 3D platters and sculptures or glaze molded pieces.

Table top wheel and slab roller now available. Instructed by Bet Lee.

Registration required and spots limited; call 617-796-

1670. Payment is required to reserve a spot.

Drawing and Painting! Open Studio,

Free

Wednesdays, 9:30 - 11:30 a.m.

All are welcome to use the art room and

work with fellow artists in our well-lit

space. Local artist David Wenstrom offers instruction and

guidance.



LGBT Programs and Events

PACT: Pride Aging Community Together

Tuesday, July 28th, 6:30 p.m.
Tuesday, August 25th, 6:30 p.m.

Dinner and a Movie: We'll enjoy dinner and conversation first, and then all who wish may gather for an LGBT-themed movie.

Location: Newton Senior Center, 345 Walnut Street, Newtonville. Parking available in Municipal Lot and Senior Center Parking Lot. MBTA Bus 59 drop off in front of building and MBTA Bus 503 & 504 run down Washington St.

RSVP to Ilana Levine 617-796-1670 or ilevine@newtonma.gov

Would you like to be added to the PACT Email List? Contact Ilana at ilevine@newtonma.gov



Men's Club

Newton Men's Club

Second Thursday of the month at 9:30am
July 9th and August 13th, Johnny's Luncheonette, 30 Langley Road, Newton Centre

Fourth Thursday of the month at 10:00am
July 23rd and August 27th, Newton Senior Center

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell.

Summer Trips

A check and completed registration form will ensure your spot!

museums via coach bus, driver's tip, and optional lunch.

Edward M. Kennedy Institute and John F. Kennedy Presidential Museum & Library

Tuesday, July 7th, 2015

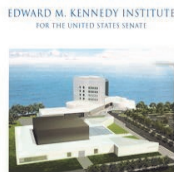
Depart at 8:45 a.m., return 3:00 p.m.

\$47 (lunch on your own) or \$65 (with lunch)

Deadline to register: Monday, June 29th with lunch;
Thursday, July 2nd without lunch



We will explore the brand-new Edward M. Kennedy Institute in the morning. We'll attend "Today's Vote" at 11am where you will participate in a facilitated debate and vote on the issue of the day. We will enjoy sandwiches in reserved private seating overlooking the Boston skyline and harbor. Or, have lunch on your own. After lunch, we will explore the recently updated JFK Museum & Library.



The Edward M. Kennedy Institute for the United States Senate is designed to bring the history of the United States Senate alive – using technology to engage and inspire like never before. The Institute features a representation of the United States Senate Chamber, interactive exhibits, and a reproduction of Senator Kennedy's office. The John F. Kennedy Presidential Museum & Library features three theaters, period settings, and 25 dramatic multimedia exhibits.

Included: Access to both museums, transportation to and from the

Ogunquit Playhouse Matinee: "Million Dollar Quartet"

Wednesday, August 26th, 2015

Depart at 9:45 a.m., return 6:30 p.m.

\$93 (lunch on your own) or \$115 (lunch included)

Deadline to register: Monday, July 27th



In the morning, we will head to Jonathan's in Ogunquit, Maine a casual-fine dining establishment which overlooks exquisite gardens. We will enjoy a delicious three-course meal, or have lunch on your own there. At 1:30 p.m., we will head to the Ogunquit Playhouse for a musical matinee of "Million Dollar Quartet."



Million Dollar Quartet is the Tony Award-winning Broadway musical inspired by the electrifying true story of the famed recording session that brought together icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Million Dollar Quartet brings that legendary night to life with an irresistible tale of broken promises, secrets, friendships and celebrations, featuring timeless hits such as "Blue Suede Shoes," "Great Balls of Fire," "I Walk the Line," "Whole Lotta Shakin' Goin' On," "Fever," "Folsom Prison Blues," "Hound Dog" and more.

Included: Ticket for the performance (center seats, rows M, N and O), transportation to and from Ogunquit via coach bus, driver's tip, and optional lunch.

With Gratitude

In thanks for sponsoring our Senior Prom: West Newton Hearing Center • ITN Greater Boston– Dignified Transportation for Seniors • The Village Bank • Newton Wellesley Hospital • Partners Health Care at Home • Bayada Nursing • Good Sheppard Community Care • Honda Village • Epoch Health Care • McGinn Bus Transportation • *In thanks for donating baked goods to the Senior Prom:* Whole Foods • Antoine's • Cupcake City • Country Desserts • Cheesecake Factory • Breadsong Bakery • *In thanks for donating other items to the Senior Prom:* Yuval Malinsky at Vigorous Minds • Diane Sostek • Barbara and Jim Morreale • *In memory of Alice Bailey's father, Henry Shor:* Bea Carp • Jim and Marie Pariano • Ena Lorant • Joanne and Howard Fisher • Lucy Bedegian • Vera and John Wood • Buena and Alan Pearlman • *In thanks for tax assistance:* Daniel Malia • Velta Doherty • Carol Roberts • Linda Madden • Judith Horgan • Miriam Simen • *In gratitude for Kathy Laufer:* Judith Horgan • *In memory of Patricia Quirk:* Kathie Mackenzie • *In appreciation of the Newton Senior Center:* Polly Kalman • *In memory of Lucy Bedegian's brother, Simon Bedegian:* Bea Carp • *In memory of BeeBe Sinofsky's son, Bruce:* Pearl Rosenthal • *In memory of John Pardi:* Joan and Edward Starkman • *In celebration of Alan Pearlman's 90th birthday:* Ena Lorant • *In thanks for the durable medical equipment:* John and Nancy Arduino

Newton-Brookline Consumer Office

Be a Savvy Consumer

Are you having a dispute with a business regarding the purchase of goods or services for personal use? Do you have questions about your rights as a tenant? Do you have a concern about an offer that will provide you with a financial gain that sounds too good to be true? If so, assistance is available - quickly and easily – by calling **617-796-1292 from 9:30 a.m. – 3:45 p.m. Monday – Friday** to reach the Newton-Brookline Consumer Office, located in Newton City Hall and working in cooperation with the office of the Attorney General. Residents of Newton, Brookline, Belmont and Watertown are all in our area of jurisdiction. There is no need to visit the office. It's just a phone call away!

Mim Cole and Judy Zohn, Co-Directors

Newton-Brookline Consumer Office

City of Newton Parks and Recreation 55 and over programs

Summer Aquatics Increase your physical activity without stress on your joints. Swimming skills are not necessary. Aquatic exercise meets at the Gath Pool, Monday through Friday 12:15-1:00pm during the months of July and August. This is a great way to cool off, get exercise and have fun!

NEW: Outdoor Pickleball Sorry, the following game does not involve pickles! Pickleball is a racquet sport that has been gaining some serious steam with over 150,000 active players, or "picklers," in the United States and around the world. A cross between tennis, badminton and ping pong, pickleball's allure is that it's easy, fun and everyone can play. Check us out on Wednesday nights, 6-8PM, this summer at Pelligrini Park. We provide the paddles. \$3 donation to play.

Summer Cool Off Spot Dance Thursday afternoons all summer in air conditioned comfort. This is a great way to get some exercise and stay cool at the same time! Our ballroom and line dance social begins at 1:00 PM and ends at 3:30PM. Beginners welcome! \$2 donation.

Tennis Tennis is a sport that can be played at any age. Although some seniors may be less mobile than younger players, they can still accrue numerous health benefits from it, including improved cardiovascular health and bone density. Our tennis program runs on Tues & Thurs, 8-10AM at the Warren Courts. FREE!

Newton Senior Golf League The Newton Senior Golf League meets at the Commonwealth Golf Course on Tuesday mornings at 9:30 AM. Cost is \$26.00 for 9 holes, cart and green fees. New participants welcome.

Bocce The Newton Senior Bocce League meets at the regulation courts at Cabot Playground (Corner of Newtonville Ave & Eastside Parkway) on Mondays 2-4PM. Beginners welcome. FREE LESSONS for bocce novices! \$2 donation.

Early Morning Walking Group Joining a walking group is one of the best ways to start and maintain a healthy walking habit. 150 minutes of low to moderate exercise each week helps to build healthy bodies and keeps individuals socially connected. Join us Tuesday through Friday at 7:00 AM. Albemarle Fieldhouse.

Registration is required for all activities; call 617-796-1506

Medicare Appeals

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Some appealable situations are:

- 1) Medicare denies your request for a health care service, supply, or prescription
- 2) Medicare denies payment for health care that you have already received
- 3) Medicare stops covering services that you are receiving
- 4) Medicare pays a different amount than you believe it should
- 5) Medicare drug plan denies coverage of your medication

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939. For assistance with understanding and accessing your Medicare benefits, you can call your senior center and ask for a SHINE appointment.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. Call **1-800-AGE-INFO** (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer counselor will call you back as soon as possible. Please note that it may take two weeks or longer to receive an appointment. You may also call the Senior Center for an appointment at 617-796-1660.

The Medicare Donut Hole

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole.”

If you reach that gap, your prescription drug costs rise dramatically! Don't let this happen to you:

Prescription Advantage can help!

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill that gap. Call Prescription Advantage *today* at **1-800-AGE-INFO** (1-800-243-4636) and **Press 2** to learn more!

Healthy Tid-Bits

From the City of Newton

Health & Human Services Department

Now that the hot summer weather has arrived it's important to remember some facts about staying safe and healthy in the heat. Older people are more prone to heat-related illness than younger people, according to the Centers for Disease Control and Prevention. They may also be taking medication or suffer from conditions that change our body's response to heat.



For these reasons, it's important to take steps to prevent heat-related illness. Heat stroke, the more serious illness, occurs when the body is unable to control its temperature. It can cause death or permanent disability without immediate treatment. Signs include: Body temperature above 103 degrees, red, hot and dry skin without sweating, rapid, strong pulse, throbbing headache, dizziness and nausea.

Heat exhaustion is milder and can occur after several days of heat and low fluid intake or as a prelude to heat stroke. Signs include heavy sweating, paleness, fainting, cool/moist skin, fast/weak pulse and muscle cramps.

Seek medical attention if you experience heat exhaustion or heat stroke. Protect yourself from the heat by following these tips:

Drink cool, nonalcoholic beverages. (If your doctor limits your fluids or has you on water pills, ask how much you should drink when the weather is hot.)

Take a cool shower, bath, or sponge bath.

If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting a building that does such as a shopping mall, the Senior Center or other public building.)

Wear lightweight clothing.

Remain indoors during the heat of the day.

Do not engage in strenuous activities.

Summer Health Maintenance Clinics

Blood pressure checks, medication questions and more!

Newton Senior Center: Fridays: July 10th, July 24th, July 31st, August 7th, August 14th, 10:30-11:30 in the Newton Senior Center Health Office

Newton Free Library: July 27th and August 10th, 9:00-11:00 a.m. in Druker Auditorium

The Senior Citizens Fund of Newton
PO Box # 600488
Newtonville, MA 02460

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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff: 617-796-XXXX

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Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

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